

Prime Time News

October 2016

MOUNTAIN VIEW SENIOR CENTER

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SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.

Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Senior Recreation Coordinator
TYLER PHILLIPS

Office Assistant III
ROY DAY

Recreation Specialist
NANCY LEPORE-HUGYIK

Nutrition Program
EARLENE MINNIS
650-964-6586

Evening Building Attendants
ANGELIKA IGNAITIS
DEBRA MANJOURIDES
RICH STEPHENS
RICHARD THOM
ALEJANDRA VALLE
FRANCISCO CAMPUZANO

WORKSHOPS: Please note that all workshops are free, but space is limited and pre-registration is required. To reserve a seat, call the Senior Center at (650) 903-6330 or visit the front desk.

Rebuilding Together

A workshop will be provided by Rebuilding Together Peninsula staff to discuss their free home repair program for homeowners. Learn about their mission, the application process and what to expect from the program. There will be time for questions and answers. If you are interested, applications will be provided and assistance provided in completing your application.

Tuesday, October 4

Social Hall, 1:00 p.m.



Quick and Healthy Meals and Snacks

Preparing snacks and meals shouldn't be difficult. Come learn tips for making meals and snacks that are both healthy and can be prepared quickly! Incentives and prizes included!

Thursday, October 6

Social Hall, 1:00 p.m.



CalMediConnect

The Cal MediConnect is a government funded health plan. It is an all in one health plan that covers medical, prescription drugs (medicines), long-term services and support to serve people that are eligible for both Medicare and Medi-Cal.

Tuesday, October 11

Social Hall, 1:00 English, 2:00 Chinese



Shopping Online

Is there anything you can't buy on the internet? Find out by joining Monica to learn the ins and outs of shopping online. Learn how to search for products and complete purchases in this class. Space is limited, and basic computer skills are required.

Wednesday, October 19

Technology Room, 2:30 p.m.



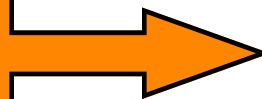
WORKSHOPS

Halloween hunt:

How many 'BATS' can you find in this issue? bring your answer to the Front Desk to claim your prize.

Happy Halloween!

MORE! Additional workshops and dates on "Page 2"



City of Mountain View, Community Services Department, Recreation Division
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov/seniors

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, October 17th at 2 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

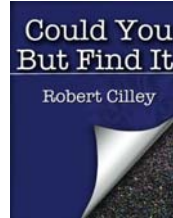
BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!



SENIOR CENTER BOOK CLUB

Meetings are held the second Tuesday of each month in Multipurpose B from 10:30 a.m. - 11:30 a.m. October selection (10/11/16) is "Could You But Find It" by Robert Cilley. November selection will be "Journey to Munich" by Jacqueline Winspear.



Feeling LUCKY? Join us on **Monday, October 3, 1:00 p.m.** in the Social Hall.

WORKSHOPS: Please note that all workshops are free, but space is limited and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

Are you good to go?

You want to plan ahead, but where do you even begin? Join Jen Harris from the Funeral Education Foundation as she gives you an impartial and informative overview of options for funeral planning. She will describe what the funeral society is all about, reasons to plan ahead, how to shop for a funeral, prepaying vs. preplanning, federal and state protection for consumers, how the funeral Society can help, and new trends in death care.

Thursday, October 20
Social Hall, 1:00 p.m.



Influenza

What is your best protection against the flu? A flu shot? Medicine? Rest? Learn what you should do this Fall to stay healthy and happy.

Tuesday, October 25
Social Hall, 1:00 p.m.

Influenza.
Don't get it.
Don't give it.

Maintaining a Healthy Brain

How do you maintain a healthy brain in your senior years? Gerontologist Elna Tymes will talk about the place of diet and physical exercise, as well as mental exercises and other activities that help keep your brain healthy and active. She'll also talk about the symptom differences between "normal aging" and dementia and Alzheimer's, and demonstrate the "peanut butter sniff test" that helps you identify Alzheimer's.

Thursday, October 27
Social Hall, 1:00 p.m.



FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every-other** Tuesday at 9:00 a.m. Pre-registration is necessary. Applications may be picked up at the front desk. For more information or to participate in this program, please call 1-800-984-3663 or 408-266-8866.

CSA NUTRITION PROGRAM - Suggested donation for ages 60+ is \$3.00 & guests under 60 is \$8.00. Lunch is served Monday - Friday at 11:45 a.m., sign in by 11:15 a.m. More information can be found on pages 8 and 9. Sponsored by Community Services Agency partnering with Santa Clara County S.N.P. (650) 964-6586.



Appointments are necessary, unless otherwise noted.
Call Mountain View Senior Center at
(650) 903-6330 or visit the front desk for an appointment.
There are NO waitlists for appointments.



HEALTH SERVICES

ALZHEIMER'S SCREENING - Free behavioral screenings offered on the fourth Wednesday of each month (10/26/16). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.



BLOOD PRESSURE CHECK - Come to the Senior Center to have your blood pressure checked by volunteers every other Friday from 10:30 to 11:30 a.m. (10/7/16 & 10/21/16). No appointment needed.



HICAP - Medical insurance, long-term care, Medicaid & Medicare counseling. Second Monday and fourth Tuesday of the month. (10/10/16 & 10/25/16).

NOTARY SERVICE - Offered the second Thursday of the month (10/13/16). Appointments available from 8:30 - 10:30 a.m.



LEGAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) -

The 1st and 3rd Wednesday of the month (10/5/16 & 10/19/16) from 10:00 a.m. to 12:30 p.m. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, all appointments must be confirmed by you before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron. Please call, email or stop by the front desk to confirm/cancel your appointment.



CSA INFORMATION and REFERRAL DAY:

Emergency Assistance

Community Services Agency's Senior Case Managers will be providing resources on rental/mortgage assistance, Lifeline and other emergency response devices, and crisis resources. From 10:00 a.m. - 11:00 a.m., Senior Case Managers will be available to answer your questions. Make an appointment in person at the Senior Center Front Desk or call 650-903-6330.

Date: Tuesday, October 18th

Time: 10 minute appointments are available between 10 a.m.-11 a.m.

Where: Counseling Room



The Mountain View Senior Center sells donated paperback books for 10 cents. Good news and bad news. The good news is that we have sold almost every paperback book which has been donated. The bad news is that we have sold almost every paperback book which has been donated. If you have any paperback books which you would like to donate, please drop them off at the Front Desk at your earliest convenience.

Thank you in advance.

Mountain View Seasoned Travelers

For travel information, registration and payment:
Monday - Friday at the front desk, 12:00 p.m. - 4:30 p.m.
 ADA request must be stated at the time of registration

CASINO TRIPS

Black Oak Casino

Tuolumne, CA

WHEN: Tuesday, November 8, 2016

COST: \$38 per person

DEPART: 8:00 a.m. from Rengstorff Park Pool

RETURN: Approximately 7:00 p.m.



DAY TRIPS

Fleet Week

WHEN: Saturday, October 8, 2016

COST: \$159 per person.

The Belle is a San Francisco landmark that evokes the city's turn-of-the-century Barbary Coast energy. The 292 foot sternwheeler features Art Nouveau style on all three enclosed levels, plus a spacious sun deck and three full wrap around decks. Indulge in a hosted buffet lunch, as you sip on free-flowing champagne and enjoy background music. Then step onto the outer deck to watch the jaw-dropping precision of the famous San Francisco Fleet Week Air Show! **WAIT LIST ONLY**



Beach Blanket Babylon Holiday Show

WHEN: Saturday, December 3, 2016

COST: \$149 per person.

The longest running musical revue in theatre history. The delightfully entertaining musical spoof of pop culture featuring extravagant costumes. It's a great way to usher in the holidays and an excellent excuse to let loose and laugh. Enjoy an early dinner at Pompei's Grotto, Fisherman's Warf.



EXTENDED STAY TRIPS

Kanen Tours presents:

Arizona Spring Training Getaway

Featuring 5 nights at 1 Hotel in Phoenix area

WHEN: Sunday, March 12, 2017

Major League Baseball Spring Training! Go see your favorite players as they get ready for the 2017 season. Highlights of the trip include a Phoenix City Tour, 2 spring training games, Hall of Flame Fire Museum, old town Scottsdale, Heard Museum of Native American Culture, Tucson area, Mission San Xavier, Arizona-Sonora Desert Museum, Sabino Canyon Rec area tram tour, and Old West farewell dinner. For more information, pick up a flyer at the front desk.



Travel Arrangements by Kanen Tours CST # 2095653-50

MOVIES MOVIES MOVIES!

Come to one of our triple showings! **

Maximum seating for movies is 36. First come first serve.

Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.

Evening showtime: Wednesdays at 5:30 p.m.

Location: Multipurpose Room B

All screenings have captions for the hard-of-hearing, when available on the DVD. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



OCTOBER 2016 MOVIES!



Brooklyn

Rated: PG-13

After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations -- and two men.

Starring: Saoirse Ronan, Domhnall Gleeson, Emory Cohen

October 4, Oct 5 & Oct 7

Length: 111 minutes



The Big Short

Rated: R

Before the housing and credit bubble of 2007 triggers an international economic meltdown, a handful of financial outsiders sees the crash coming and bets against the big banks in a daring play that could reap them huge profits.

Starring: Christian Bale, Steve Carell, Ryan Gosling

October 11, Oct 12 & Oct 14

Length: 130 minutes



5 Flights Up

Rated: PG-13

Married for four decades, New Yorkers Ruth and Alex have had a wonderful life together -- most of it spent in their cherished Brooklyn walk-up. But now that it's time to sell, the universe seems determined to thwart them.

Starring: Michael Cristofer, Diane Keaton, Morgan Freeman

October 18, Oct 19 & Oct 21

Length: 92 minutes



Steve Jobs

Rated: R

Everyone knows about the products Steve Jobs designed, but few people really knew the man behind the technology. This revealing biopic focuses on a few key incidents and relationships to tell the story of a digital visionary who changed the world.

Starring: Michael Fassbender, Kate Winslet, Seth Rogen

October 25, Oct 26 & Oct 28

Length: 123 minutes

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building and temperatures tend to be a little on the cooler side.

10 year anniversary

Wednesday, October 26th

Come join us in celebration and festivities on Wednesday, October 26th.
The Mountain View Senior Center is turning 10 years old.
The Mayor of Mountain View will stop by around 12:45pm.
Dance party will start at 4:00 p.m.



Conscious Raising for Global Good

Come watch the latest documentary movie with the Mountain View Documentary Film Group which meets on the last Tuesday of the month at 6:00 p.m. You will watch thought provoking movies about issues of the day that might otherwise slip under our radar. It is imperative that we, as citizens, raise our awareness, keep informed, and speak out to preserve the public good.

"Gasland 2"

A documentary that declares the gas industry's portrayal of natural gas as a clean and safe alternative to oil is a myth, and that fracked wells inevitably leak over time, contaminating water and air, hurting families, and endangering the earth's climate with the potent greenhouse gas methane.

Tuesday, October 25

Multipurpose B, 6:00 p.m.



New Brown Bag Schedule



Second Harvest Food Bank is changing the frequency for delivery of Brown Bag. **Starting October 2016**, Second Harvest Food Bank will be at the Mountain View Senior Center on the **2nd and 4th Tuesdays of each month**. Please make note of this new service schedule.

Silicon Valley Independent Living Center (SVILC) Services Overview and Housing Search and Assistance Workshop

This two hour workshop will provide an overview of SVILC's services to the cross-disability community in Santa Clara County, and will focus on how SVILC can assist with housing search and assistance, and other services related to securing integrated, affordable, and accessible housing. Learn about the services the SVILC provides including what housing resources they have, if you qualify to become a member, and more! SVILC is a non-profit organization that provides services, free of charge, to those who qualify. There will be a workshop on the second Thursday of each month through December.

Thursday, October 13, 2016
1:30 p.m. - 3:30 p.m.
Social Hall



VOLUNTEER CORNER

August 2016

Brown Bag	192.00
Receptionists	139.00
Teaching	294.50
Social Services	43.00
Lunch Program	183.00
Total	851.50 hours!!



City Council Candidates Forum

Presented by the Senior Advisory Committee

Join us to meet fellow Mountain View residents running for City Council.

Monday, October 24, 2016

1:30 p.m.

Mountain View Senior Center, Social Hall



The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues. Meetings are held on the third Wednesday each month, 2pm-4pm at the MV Senior Center



KEEP CALM AND STOP TEXTING

KeepCalmAndStopTexting.com

AARP DRIVER SAFETY

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.

REGULAR CLASS

The Safety Program class (8 hours)
 Tuesdays 11/15 & 11/22, from 5:00 - 9:00 p.m.
 \$15 / AARP members
 \$20 / non-members

REFRESHER COURSE

Tuesday, 12/13, from 4:00 p.m. - 8:30 p.m.
 \$15 / AARP members
 \$20 / non-members



To register for classes, come in or mail a check (see address below). **Cash cannot be accepted.** Date your check for the first day of the class.

Mail checks (payable to AARP): Mountain View Senior Center, P.O. Box 7540, Mountain View, CA 94039.

For insurance benefits, contact your insurance carrier.

APPLE Assistance



Do you feel like your iPhone is smarter than you are? Do you have a million questions about how to make your iPad sing and dance like the kids do? Apple products can make your life easier and more enjoyable when they are used to their fullest capacity. Let Brian teach you how to use your iPhone, iPad and other Apple products so that you can text, surf the web, read and reply to email, watch movies, ESPN, funny YouTube videos and even call or Skype someone. Brian is available for 30 minute appointments on **Thursdays** between **9:00am and 11:00am.** Appointments are required. Contact the front desk at 650.903.6330.



KEEPING CURRENT

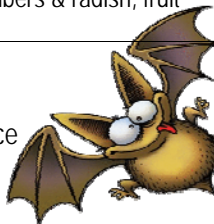
Monday	Tuesday	Wednesday
<div>3</div> <div>10:45 Dancing, Social Hall 11:45 Lunch Chicken parmesan, baked potato, peas & carrots, fruit 1:00 Big Bingo</div> <div></div>	<div>4</div> <div>11:45 Lunch Sloppy Jane (beef) w/onions, celery, red bell peppers & tomato on sesame seed bun, broccoli & carrots, sugar free gelatin w/ fruit 1:00 Movie: Brooklyn</div>	<div>5</div> <div>10:00 SALA Appointments 10:30 Line Dancing, Social Hall 11:45 Lunch Pork chop w/ mushroom gravy, mashed potatoes, oriental blend veggies, fruit 1:00 Bingo, Social Hall 5:30 Movie: Brooklyn</div>
<div>10</div> <div>8:30 HICAP 10:45 Dancing, Social Hall 11:45 Lunch Lasagna (beef), corn w/ red bell peppers, crazy coleslaw w/ grapes, carrots & pineapple, fruit</div> <div></div>	<div>11</div> <div>10:30 Book Club "Could You But Find It" 11:45 Lunch Chef's choice fish, brown rice, mixed veggies, golden mandarin beet salad, fruit 1:00 Movie: The Big Short</div>	<div>12</div> <div>10:30 Line Dancing, Social Hall 11:45 Lunch Chicken pot pie w/mixed veggies, green salad w/broccoli & carrots, fruit 1:00 Bingo, Social Hall 5:30 Movie: The Big Short</div> <div></div>
<div>17</div> <div>10:45 Dancing, Social Hall 11:45 Lunch Tuna sandwich w/ celery, tomatoes & onions, vegetable soup, carrots raisin salad, fruit 2:00 Newcomers' Group</div>	<div>18</div> <div>10:00 CSA Info and Referral 11:45 Lunch Vegetarian- Broccoli cheddar soup w/ carrots & red bell pepper, baked potato, cauliflower & carrots, whole grain roll, green salad w/ egg & tomato, fruit 1:00 Movie: 5 Flights Up</div> <div></div>	<div>19</div> <div>10:00 SALA Appointments 10:30 Line Dancing, Social Hall 11:45 Lunch Meat loaf w/ gravy, mashed potatoes, corn & red bell peppers, fruit 1:00 Bingo, Social Hall 2:00 S.A.C. 5:30 Movie: 5 Flights Up</div>
<div>24</div> <div>10:45 Dancing, Social Hall 11:45 Lunch Crispy oven chicken, wild rice, green beans, carrot raisin salad, fruit 1:30 City Council Candidates Forum</div> <div></div>	<div>25</div> <div>11:45 Lunch Minestrone soup (beef) w/ tomatoes, pasta, green beans & kidney beans, 4 way blend veggies, corn salad w/ tomatoes, cucumber & red onion, dinner roll, fruit 1:00 Movie: Steve Jobs 1:00 HICAP 6:00 Documentary: Gasland 2</div> <div></div>	<div>26</div> <div>10:30 Line Dancing, Social Hall 11:45 Lunch Salmon fillet, couscous, mixed veggies, broccoli raisin salad, fruit 1:00 Bingo, Social Hall 12:30 Alzheimer's Screening 12:45 Mayor stops by 4:00 'Party on' Senior Center 5:30 Movie: Steve Jobs Happy Anniversary Senior Center 10 years</div> <div></div>
<div>31</div> <div>10:45 Dancing, Social Hall 11:45 Lunch Pork strips w/ green & red bell peppers, onions w/ oyster sauce, brown rice, cabbage & carrots, fruit</div> <div></div> <div></div> <div></div> <div></div>		

Thursday

6

9:00 Apple Assistance
10:00 Bookmobile
10:00 Closed Caption Movie
11:45 Lunch

Vegetarian-Chile relleno casserole w/ egg, cheese and mild green chili, whole grain tortilla, fresh cooked pinto beans, green salad w/ cabbage, tomatoes, cucumbers & radish, fruit



13

8:30 Notary
9:00 Apple Assistance
10:00 Bookmobile
11:45 Lunch

Shredded pork w/ preserved vegetable, mushroom & dried bean curds, brown rice, broccoli & carrots, fruit

1:30 SVILC - Housing Search

20

9:00 Apple Assistance
10:00 Bookmobile
10:00 Closed Caption Movie
11:45 Lunch

B.B.Q. chicken, potato salad, California blend veggies, fruit



27

9:00 Apple Assistance
10:00 Bookmobile
10:00 Closed Caption Movie
11:45 Lunch

Vegetarian- Spinach enchilada w/ cheese, corn tortilla & mild green sauce, Spanish rice, shredded lettuce & cabbage w/ tomatoes & egg, fruit



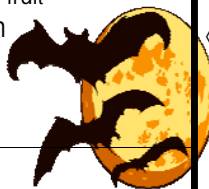
Friday

7

10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch

Baked tilapia, white rice, mixed veggies, apple celery slaw, oatmeal cookie, fruit

1:00 Movie: Brooklyn
2:15 Square Dancing



14

10:45 Dancing, Social Hall
11:45 Lunch

Beef stroganoff (beef) w/ egg noodles & mushrooms, Chef's choice veggies, green salad w/ tomatoes, fruit

1:00 Movie: The Big Short
2:15 Square Dancing

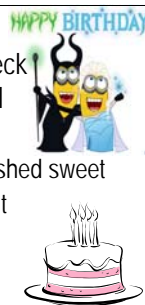
21

10:30 Blood Pressure Check
10:45 Dancing, Social Hall
11:45 Lunch

Baked seasoned pork chop, mashed sweet potatoes, broccoli salad, roll, fruit

Birthdays

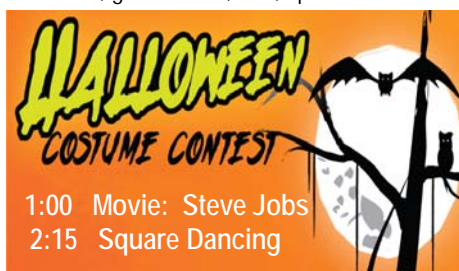
1:00 Movie: 5 Flights Up
2:15 Square Dancing



28

10:45 Dancing, Social Hall
11:45 Lunch

Chicken cacciatore w/ marinara sauce, onions, green bell peppers, mushrooms & dice tomatoes, green salad, fruit, special dessert



1:00 Movie: Steve Jobs
2:15 Square Dancing

Happenings in the Social Hall

Mondays

- ◇ Live music and dancing before lunch, 10:45-11:45

Tuesdays

- ◇ Recorded music before lunch. Please bring a favorite music CD you would like played this day.

Wednesdays

- ◇ Drop-in Line Dance Class before lunch, 10:30-11:30
- ◇ Bingo after lunch, 1:00-2:00

Thursdays

- ◇ Closed caption classic movie Start time: 10:00 a.m. Will play through lunchtime (If you have a favorite DVD movie with closed captions you would like to share, please bring in before Thursday).

Fridays

- ◇ Live music and dancing before lunch, 10:45-11:45



Please Note:

Please join us for our annual Halloween Costume Contest on Friday October 28. Prizes will be given to the funniest, scariest, sexiest & most original costumes.

Costume Parade will begin approximately 11:45.

Don't miss the fun!!

HAPPY HALLOWEEN



MOUNTAIN VIEW SENIOR NUTRITION PROGRAM 650 964 6586

NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

WELCOME to the "Back Page" of the Prime Time News! This page is your spot to connect to the community at the Senior Center, the City of Mountain View, and beyond!



Monster Bash

Featured Movie:
Hotel Transylvania 2

Come in costume! Celebrate Halloween with your family, friends and neighbors at the Mountain View Monster Bash! An outdoor movie will be featured along with Halloween games, music and light refreshments. FREE, FREE, FREE



MARK YOUR
CALENDAR!



Mark your calendars for the traditional Senior Center beginning of the holiday season: the Holiday Bazaar! Join us on Saturday, **November 19, 9:30 a.m. to 3:00 p.m.**, when the Senior Center will be transformed into a winter wonderland with over 45 handcraft tables, live entertainment, a free raffle, snacks for sale, a DIY ornament table, and more! Call 650-903-6330 for more information.

GIVE US
YOUR EMAIL

If you would like to receive the **Senior Center Monthly Prime Time News Newsletter** via email, please email us at seniorcenter@mountainview.gov or contact the front desk to give us your name and email address. Newsletters are sent on the last week of the month so check your inbox!